

THE MANAGEMENT OF HIGH BLOOD PRESSURE THROUGH QURANIC VERSES AND EXERCISE

Najmul Sahar Ilyas^{1*}, Syeda Rida BAqir², Komal Jamil²

¹General Education Department, Bahria University Health Sciences Campus Karachi, Pakistan

²College of Physical Therapy, Bahria University Health Sciences Campus Karachi, Pakistan

ABSTRAK

Hipertensi adalah peningkatan tekanan darah yang terus menerus yang mendorong dinding arteri. Ini adalah penyebab paling umum dari penyakit kardiovaskular dan kematian di Amerika Serikat. Pembacaan ayat-ayat suci Al-Quran merupakan salah satu bentuk terapi spiritual Islam. Hal ini diyakini sebagai sarana untuk mencari perlindungan dan penyembuhan melalui pembacaan ayat-ayat Al-Quran, termasuk bab-bab tertentu seperti Surat Al-Fatihah, Surat Al-Falaq dan Surat An-Nas. Olahraga juga efektif dalam pencegahan dan pemeliharaan Hipertensi. Tujuan dari artikel ini adalah mengeksplorasi informasi yang berkaitan dengan pengobatan hipertensi melalui ayat-ayat Al-Quran dan olahraga. Tinjauan literatur dilakukan melalui pengumpulan berbagai situs pencarian seperti Pubmed, Google Scholar, Scihub, dll. Studi ini digunakan untuk meningkatkan kesadaran mengenai efektivitas ayat-ayat Al-Quran dan olahraga untuk pengobatan Hipertensi melalui pendekatan praktik berbasis bukti. Kami menyimpulkan bahwa ayat-ayat Al-Quran terbukti menjadi sumber pengobatan dan bimbingan bagi pasien hipertensi bersama dengan obat-obatan. Namun penggunaan olahraga dapat memberikan cara yang efektif untuk menjaga dan mencegah hipertensi.

Kata kunci: Latihan, Aktivitas Fisik, Membaca Alquran, Hipertensi

ABSTRACT

High Blood Pressure (HBP) is defined as the consistent rise in blood pressure pushing against an artery's walls. It is the most common cause of cardiovascular disease and mortality in the United States. Recitation from the Quran is indeed a form of Islamic spiritual healing. It is believed to be a means of seeking protection and healing through reciting verses from the Quran, including specific chapters such as Surah al-Fatiha, Surah Al-Falaq, and Surah An-Nas. Exercise has been shown to be effective in preventing and maintaining Hypertension. This article aims to explore the information related to the treatment of hypertension through Quranic Verses and exercise. The literature review was done by collecting data from various search websites like PubMed, Google Scholar, Scihub, etc. This study is used to enhance awareness regarding the effectiveness of Quranic verses and exercises for treating HBP through the evidence-based practice approach. We concluded that Quranic verses proved to be a source of treatment and guidance for patients with hypertension, along with medicine. However, using exercise can provide an effective way of maintaining and preventing High Blood Pressure (HBP)

Keywords: Exercise, Physical activity, Quranic verses. High Blood Pressure

Correspondence Author :

Najmul Sahar Ilyas

Ph.D Islamic Studies, Senior Assistant professor, Head of General Education Department
Bahria University Health Sciences Campus Karachi, email : sahardanish2@gmail.com

1. INTRODUCTION

According to the guidelines of the American College of Cardiology, the elevation of blood pressure from 120 to 129mm HG (systolic) in stage 1 and 130 to 139mm HG in stage 2 while less than 80 (diastolic) in stage 1 and 80 to 90 in stage 2 is known as Hypertension(Whelton et al.,2022). It is idiopathic one of the most common health problems and the major cause of death globally at approximately 8 million per year(Song JJ et al.,2020).This disease can be present along with cardiovascular and neurological diseases. Furthermore, it can affect the structure and functions of the brain which can cause the disability of cognitive functioning(Zaki N et al.,2020).In addition, hypertension can cause mental impairment which causes difficulty in performing the mental task and affects the socioeconomic background of a person(Gasparini S et al.,2019).Elevation of blood pressure can be caused by multiple factors like social, economic, environmental, genetic, etc. There are two types of risk factors; modifiable and non-modifiable. The modifiable factors that can be the root cause of hypertension like gender, age, economic status, social status, bad life experiences, Dietary intake, Lack of physical activity, smoking, and alcohol use(Zhao H et al.,2021), whereas family history of hypertension, gender, and age, lie in non-modifiable risk factors. It is a non-communicable disease, easy to investigate, and can be prevented by reducing blood pressure through lifestyle modification(Vergara DI et al.,2021).A study reported that the increase in systolic blood pressure can contribute to the cause risk of cardiac disease(He FJ et al.,2020).A study of clinical trials suggested better pharmacological therapy for hypertensive patients can reduce the disease and death rate of patients with cardiac disease(Kandzari DE et al.,2022).

One of the psychic-spiritual therapy that potential to be developed to deliver maintenance and decrease hypertension levels is Quranic verses recitation therapy. Quran verses recitation therapy, also known as Ruqya Shariya is the therapy of reciting quranic verses or prayers from the Quran and hadith to the patient(Kamal MA et al.,2022).Quran verses recitation, indicates the healing technique based on the Quran and hadith through the recital of the Quran, looking for protection, commemoration, and dua (supplication) that is practiced as a means of handling disease and further evils, by reading verses of the Quran, the titles and characteristics of Allah, or by using the prayers in Arabic(Artino A et al 2023). The Recitation of Quranic verses is popular among Muslims as an substitute healing technique. This method is based on the recommendations and practices granted by the Prophet (pbuh) for self-treatment or to benefit his Sahabah and other Muslims(Untung SH,2020). Quranic verses are administered through invocations that have to observe with Islamic shariah (Islamic law). The invocations are typically the recitation of certain verses from the Quran which is documented in the Islamic faith as having the miraculous capability to treat illness and disorders. The invocations can also comprise supplications or acknowledgements of the Prophet(A. Khadher et al.,2016) Numerous researches show that Quranic verses can play a dynamic role in healing supplementary with medication. Quranic verses has been shown to have a therapeutic influence on the management of depression(M. M. Afifuddin,2016;O. Nooraini:2016)(M. W. Mashitah,2020;K. A.

Lenggono,2020)It could also make a modification in the treatment of Hypertension. It is a recommended therapy in Islam as the first medicine when a Muslim is sick(Jimoh SL,2013)

However, Exercise has an important role in controlling hypertension. People can do the exercises as recommended by healthcare providers(Sharman JE et al.,2019) It is beneficial for patients who are suffering from high blood pressure exercise can decrease the pressure of blood, enhance the blood flow and work of vessels, help to subside the depression of the patients, and it also create the equilibrium level of insulin in the blood(Saco-Ledo G et al.,2020).When the patient decides to do the exercise they should discuss with their consultant the condition and program of exercise in which a complete pattern of exercise, and duration of exercise, then tell all the terms and conditions to your physical therapist. Now it is the choice of a physical therapist they plan their exercise program according to the consultant's guidelines, increasing or decreasing the exercise intensity. before starting, during, and at the end of the session exercise it is necessary to observe the blood pressure and the patient's comfort. If the patient feels any breathlessness then suddenly stop the exercise and maintain the patient's condition. When patients perform the exercises in their daily routine it can be better for the health and maintenance of the pressure of blood(Ho JE et al.,2020). In different studies it can be shown that by combining activity and exercise a patient can maintain their weight as well as their blood pressure(Valenzuela PL et al.,2021).According to the DASH (dietary approaches to stop hypertension) diet to low intake of sodium in their diet can manage their blood pressure in a normal range(Tsoi MF et al .,2021). This study aimed to reveal the two effective methods of treating hypertension to the general public. According to WHO, hypertension is proven to be the 3rd most common cause of death throughout the world there are every 1 out of 8 people die because of hypertension. Around the world, it has been calculated that approximately 1 billion cases are registered with the complaint of hypertension(Bigna JJ., 2020). Patients with controlled blood pressure very low amount in Pakistan and the ratio of high blood pressure in the age of the adult population is recorded at about 26% which is comprised of in urban 21.6 percent and rural 16.2 percent of our country as shown in Figure:1(Ajani K et al., 2021).

2. METHOD

This is a literature review study that is done through a wide range of searching of more than 50 research articles from the previous ten years and various Quran verses through multiple websites like Sci-Hub, Pub med, Google Scholar, Altafsir.com, Science.gov, ResearchGate, Your University library, WorldCat, Digital Commons network, Scopus, Centre of Disease Control by browsing of the terms related to our topic of research: Hypertension, Ruqyah sharyah, Quranic verses, Exercise, Physical activity, prevention of Hypertension, Lifestyle modification, Dietary intake, Healing, etc. In this study, we are trying to enhance the effectiveness of the research through the searching of various important articles and authentic Quranic verses to make it easy to understand and implement in life.

3. RESULTS

3.1 MANAGEMENT OF HYPERTENSION THROUGH QURANIC VERSES

There are several hadiths about the Quranic verses healing potential that was practical to Prophet Muhammad (SAW) by Gibrail when he was sick, that Prophet Muhammad (SAW) applied Quranic Verses to himself, that He (SAW) applied and advised Quranic verses to his family and people for healing of the diseases and for the protection from evil (Nadeer RA:2021) (The Holy Quran 10:57). Hadith is actually the words, activities, and quiet endorsement of the Prophet Muhammad (SAW) as communicated through chains of reporters. In other words, Hadiths are conveyed information about what Prophet Muhammad (SAW) said and ensured. (<https://en.wikipedia.org/wiki/Hadith>).

It was reported that Abu Hurayra (one of the *Sahabi* of Prophet Muhammad (SAW) and the most dynamic reporter of hadiths) said: "The Prophet (SAW) came to visit me (when I was sick), and said to me: 'Shall I not recite for you a ruqyah that Gabriel brought to me?' I said: 'May my father and mother be ransomed for you! Yes, O Messenger of Allah!' He said: 'Bismillah arqika, wallahu yashfika, min kulli da'in fika, min sharrin-naффathati fil-uqad, wa min sharri hasidin idha hasad' (In the Name of Allah I recite quranic verses for you, from every disease that is in you, and from the evil of those who [practice witchcraft when they] blow in the knots, and from the evil of the envier when he envies), three times." (<https://sunnah.com/ibnmajah:3524>). Aisha (wife of Prophet Muhammed [SAW]) informed that whenever Prophet Muhammad (SAW) became ill, he used to Recite Surah Al-Falaq and Surah An-Nas from Quran and blow his breath after the recitation over himself and rubbed his hands over his entire body. So when the Prophet Muhammad (SAW) was suffering with his fatal illness Hazrat Aisha (RA) started reciting the Muawidhatan (Surah Al-Falaq and Surah An-Nas) and blowing her breath over him as he used to do and at that time she rubbed the hand of the Prophet (SAW) over his body. (<https://sunnah.com/bukhari:4439>).

For the management of hypertension, lifestyle changes and medication both are usually recommended by health experts. However, reciting Quranic verses can contribute as a means of pursuing spiritual comfort, peace, and resilience, which can ultimately contribute to managing stress and retaining a positive attitude. (Draman N et al., 2023). Whereas it is assumed by many that the recitation or listening to the Quranic verses can bring about medicinal and emotional peace. There are several examples of individuals finding solace, peace, and healing through the recitation and contemplation of Quranic verses. Here are a few instances where people have experienced healing through the Quran. (Mohd WN et al., 2019) (Saged AA et al., 2020) (Awaad R et al., 2023)

The Quran's verses have been known to provide spiritual healing to countless individuals. Reciting verses emphasizing faith, hope, and seeking God's support during difficult times can uplift the spirit and provide solace. Many people find emotional healing through verses that address feelings of sadness, anxiety, or grief. Reflecting on passages that reassure God's mercy, love, and compassion can bring comfort and soothe emotional wounds. Some individuals have reported experiencing physical healing after seeking treatment while reciting specific Quranic verses. They believe in the power of prayers and the divine healing properties of the Quran. Quranic verses that emphasize inner peace, patience, and trust in God's plan have helped people overcome various psychological challenges. Meditation and reflection on these verses can foster a positive mindset and inner healing. Many individuals who are lost or facing dilemmas find guidance and clarity through the Quran. Verses that discuss morality, ethics, and decision-making can offer profound insight and help individuals navigate through difficult choices. It's important to note that the Quran is considered sacred scripture and its healing effects are deeply rooted in spiritual and personal experiences. The impact and interpretation of Quranic verses can vary from person to person, depending on their faith, beliefs, and personal circumstances.

3.2 MANAGEMENT OF HYPERTENSION THROUGH EXERCISE

To manage hypertension exercise can play a main role in managing lifestyle habits, and also improve the cardiac functions in patients with high blood pressure.(Litwin SE et al.,2023) The exercise effects on the mechanism of antihypertensive include: working against inflammation, upgrading the sensitivity of insulin, and vascular adaptations, decreasing sympathetic activity, and reducing the segregation of catecholamine activity. Exercise can be comprised of aerobic, dynamic resistance training:(Fecchio RY et al.,2023)

Exercise is the best treatment option without using any medication. It can maintain the blood pressure in a hypertensive person or either normal person. This type of exercise can decrease the pressure of blood in patients who suffer from hypertension.(Ganjeh B et al.,2023)Guidelines of the American Heart Association and American College of Sports Medicine recommend that exercise for 30 minutes a day with moderate intensity, and a minimum of 20 minutes of exercise can be performed with vigorous intensity for 5 days in a week or 3 days in a week.(Sachdev V et al.,2023)(Stine JG et al.,2023) To perform the exercise in a whole day for larger muscles like walking, cycling, or swimming. The exercise duration of aerobics is 30-60 minutes a day and also take a larger amount of water intake when u start an exercise, during the exercise, or when you complete the exercise task.(Teles MC et al.,2023) It is mainly preferable on summer days when you do the exercise for a prolonged period because it can be helpful for the patients.(Lopes S et al.,2023)

This exercise can improve cardiac and respiratory functions, decrease the wall elasticity of vessels, reduce the ratio of damage that occurs in vessels, and promote the functions of the vascular system (Gambassi BB et al., 2023). The American Heart Association suggests that resistance exercise is contraindicated in those patients who present with uncontrolled hypertension ranging from 180/110 mmHg (Edwards JJ et al., 2023). This type of person should be concerned with their respective physician and then do the exercise after maintaining the level of blood pressure. (Rijal A et al., 2023) Resistance exercises can be performed in a manner of 2 to 4 sets with repetitions of 8 to 12 for large groups of muscle. The total duration of the exercise in a week is at least 150 minutes. This type of exercise can include thera band resistance activity and exercise with different weights. (Gambassi BB et al., 2023) Dynamic resistance exercises mostly work on enhancing the functions of the muscular system like the size of the muscle, power, and the capability of the muscle to do the exercise in a repeated manner. Exercise can be increased gradually according to the FITT (Frequency, Intensity, Type, and Time) principle as shown in Table: 1. (Utlu D. et al., 2023)

Table 1. Guidelines for Exercise

| Guidelines of FITT | European Society of Hypertension | American College of Sports Medicines | Canadian Hypertension Education Program |
|---------------------------|--|---|---|
| FREQUENCY | 5 to 7 days per week | All 7 days in a week | 4 to 7 days per week |
| INTENSITY | Moderate exercise, with 40 to less than 60 percent VO_2 Max which improves the rate of heart and pulmonary functions | Moderate exercise, with 40 to less than 60 percent VO_2 Max | Moderate exercise, with 40 to less than 60 percent VO_2 Max |
| TIME | More or equal to 30 minutes in a day | 30 to 60 minutes continuously | 30 to 60 minutes in a day |
| TYPE | aerobic | aerobic | aerobic |

4. DISCUSSION

While the Holy Quran is a religious text, it does not specifically guide the management of hypertension or any other medical condition. However, Islamic teachings emphasize the importance of maintaining good health and taking care of one's body. Here are some general Quranic verses and principles that can be followed for overall well-being, including the management of hypertension:

Maintain a balanced lifestyle: "Eat and drink, but waste not by excess, for Allah loves not the wasters". (Quran 7:31) This verse encourages moderation in eating and drinking, which is

essential for controlling hypertension. Limiting salt intake, managing weight, and adopting a healthy diet rich in fruits, vegetables, and whole grains can help in managing high blood pressure.

Practice mindfulness and relaxation: "Indeed, in the remembrance of Allah do hearts find contentment"(Quran 13:28). Stress is a significant contributing factor to hypertension. Engaging in regular remembrance of Allah and performing prayers can promote inner peace, mindfulness, and relaxation, assisting in stress reduction.

Physical activity: "And speak to them concerning the life of this world, that We raised their likeness in it, and that We shall raise them erewhile from it" (Quran 6:41) Engaging in regular physical activity, such as walking, jogging, or other moderate exercises, can help control blood pressure. It is essential to consult with medical professionals before starting any exercise regimen.

Seek medical advice and treatment: Islam encourages seeking medical help and using available resources for treatment. The Prophet Muhammad (peace be upon him) said, "There is no disease that Allah has created, except that He has also created its treatment"(Majallat Majma Al-Fiqh 2 3:807). If diagnosed with hypertension, it is crucial to consult with healthcare professionals, follow the prescribed medications, and maintain regular check-ups.(Sahihul Bukhari:582)

Avoid harmful habits: The Quran prohibits intoxicating substances such as alcohol and drugs. These substances can have detrimental effects on health and may worsen hypertension. Abstaining from these harmful habits can contribute to overall well-being(Jabeen F et al.,2023). It is important to note that while these principles can contribute to a healthy lifestyle, it is advisable to consult with healthcare professionals for personalized medical advice and treatment plans for hypertension or any specific medical condition.

5. CONCLUSION

Through our research, it is concluded that the recitation of Quranic verses, along with the use of specific supplications (dua) and the invocation of the Divine names and attributes, is thought to bring about spiritual and physical well-being. It is important to note that in Islamic belief, the effectiveness of ruqyah is attributed to the will and power of Allah. Muslims believe that Allah is the ultimate healer and that ruqyah is a means through which His blessings and mercy can be sought. Recitation of Quranic Verses is one of the mind-body mediations in CAM therapies¹, is a corresponding method for any illness cure. On the other hand, we firmly believe that treatment derived from the Quranic texts needs to be incorporated into conventional contemporary medicine, according to the "Malaysia model," in both wealthy and developing

nations. In order to support this effort, more randomised controlled trials on the subject should be carried out after health experts have gained understanding regarding the application of Quranic verses. Second, through research societies, national organisations, and broadcasting, patients with hypertension and their families should be encouraged to read Quranic verses. Third, the representatives of the Ministry of Health ought to be aware that certain patients derive significant advantages from the practices found in the Quran in addition to physical therapy, medication, and exercise.

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